

# AdamsMorgan MainStreet Group, Inc.

Combining Diverse Pieces to Make a Beautiful Puzzle



## Newsletter

Spring 2007

### Look Good, Get Fit to Spring into Summer!



It's that time of year again for clothing to begin baring more of the body! What better way to transition spring into summer and get ready for those shorts,

skirts, and bathing suits, than to get your body and mind into shape by visiting some of our very own local salons, gyms, and spas? Adams Morgan offers diverse service selections to look good, get fit and sport new looks.

Start with the nails and the works on 18th Street with Beauty Tu Yu whose manicures and pedicures include exfoliating and pressure point massages. The salon offers paraffin hand and foot baths, as well as a haircut or styling. Beauty Tu Yu is a combination of an Adams Morgan veteran Angie Lowey & newcomer Tu Young.

Demian's Hairdressing Salon located in mid 18th St. offers consultations with a stylist. Curly locks don't distress, there's a specialist for you as well. The website features a mailing list to sign up to receive news on specials and important hair trend news, at [www.demian.biz](http://www.demian.biz).

Longtime local favorite, family owned and operated for 15 years, Joy's Spa is newly renovated. They offer massage & waxing, foot & hand treatments and polishes, and facials, plus hot rock treatments. Gift certificates and spa packages are available at this tranquil spa oasis, hidden near Asylum. Just continue on up the second floor landing.

A new addition, Urban Escape opened its doors last year offering high-end spa packages or hair care services. Located adjacent to the large Mint Fitness facility, services include haircuts, specialist coloring, straight perms, skin care, manicures, pedicures, hair extensions, updos, and waxing. Clients are impressed

with the experienced hair technicians and color specialists.

Judith Dominican offers unique hair techniques and styles from Dominica, taking both appointments and walk-ins. Judith specializes in hair treatments, natural techniques, and care and nurturing for both males and females.

If you're looking for more health and fitness just a hop and a skip right near Urban Escape is Mint Fitness located on the California side. Occupying 12,000 square feet, this full fitness facility, MINT, according to owner Melissa John, "offers a softer approach" to fitness where "body, mind, and spirit" are all respected. The state-of-the-art equipment, cardio-free weights, free motion, and circuit machines reside in a beautiful windowed



environment. MINT's group exercise studio hosts classes such as yoga, pilates among others. A fabulous juice

bar sells juices, smoothies, wraps, and salads. Mint also provides a lounge with TV and complimentary WIFI access. The SPA at Mint has now been operational for almost a year; offering luxurious and relaxing facials and other upscale spa services.

For a more intense body workout, Third Power Fitness, the only 24-hour health club in DC, offers the intensity some may be seeking. Located on 18<sup>th</sup> Street near Florida Avenue, Third Power features boxing camps for beginners and the more advanced, not to mention one-on-one personal training. Other classes include Brazilian martial arts (capoeira and jiu jitsu), kickboxing, and belly dancing. This is not your everyday local gym.

Are you looking for a workout program that's easy to learn, requires little or no equipment, and soothes your soul while toning your body? Sign up for classes in yoga at one of the Adams Morgan yoga

retreat spots. They feature a variety of yoga styles: beginner, pre-natal and partners' yoga. You may be quite delighted with additional offerings in belly dance classes, ayurvedic detox workshops, yoga retreats, and more. So whatever your fitness fetish, you're in the right place to meet the need right in the Adams Morgan neighborhood and walk away truly renewed and content.

#### **Beauty and Nail Salons:**

##### **Arte Latino Beauty Salon**

1650 Columbia Rd., NW; 202-232-2213

##### **Beauty Tu Yu**

2412 18<sup>th</sup> St., NW; 202-265-0006

##### **Demian's Hairdressing**

2427 18th St., NW; 202-234-8050

[www.demian.biz](http://www.demian.biz)

##### **Judith Dominican Salon**

2407 18<sup>th</sup> St., NW; 202-232-6191

[www.judithdominicanstyle.com](http://www.judithdominicanstyle.com)

##### **Trim Salon**

2700 Ontario Rd., NW; 202-462-6080

[www.trimsalondc.com](http://www.trimsalondc.com)

##### **Visions Hair Studio**

2318 18th St., NW; 202-797-9898

#### **Spas:**

##### **Joy's Spa**

2471 18th St., NW; 202-234-0909

[www.joyspa.com](http://www.joyspa.com)

##### **Synergy Day Spa**

1806 Vernon St., NW; 202-667-1855

[www.synergyspayspa.net](http://www.synergyspayspa.net)

##### **Urban Escape**

1781 Florida Av., NW; 202-265-5950

[www.1781urbanescape.com](http://www.1781urbanescape.com)

#### **Fitness Centers:**

##### **Mint & The Spa at Mint**

1724 California St., NW; 202-328-6468

[www.mintfitness.com](http://www.mintfitness.com)

##### **Third Power Fitness**

2007 18th St., NW; 202-483-8400

[www.thirdpower-fitness.com](http://www.thirdpower-fitness.com)

#### **Yoga:**

##### **Studio Serenity**

2469 18th St., NW #202; 202-518-YOGA

[www.studioserenity.com](http://www.studioserenity.com)

##### **Bagheera Yoga**

2801 Adams Mill Rd., NW #306;

202-265-1783; [www.bagheerayoga.com](http://www.bagheerayoga.com)

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### Beautiful Home Furnishings Store Opens on Florida Avenue



The slick, modern building at 1781 Florida Avenue evokes the coolness of utilitarian simplicity. The bare, unpolished, steel exterior might suggest a similar ambience for the shops within it. But And Beige, a new home furnishings boutique, surprises and dares to borrow from both the past and the present to maintain a diversified style – and in a more practical sense – something for everybody.

Long-time Washington D.C. resident Daren Miller, the founder and owner of And Beige, describes his store as “eclectic.” “We believe an interior should appear collected with a mix of styles,” he adds. The store’s collection of artifacts range from a tobacco

drying apparatus, to traditional Indonesian masks, to lacquered, gilded, and mirrored armoires. His intention has certainly been actualized!

Despite the colorful mélange of sources, the pieces all share a neutral palette of black, white, brown, and of course, beige, rendering them inoffensive and complementary to any living space. Miller explains that the “merchandise [focuses] on restrained colors that will grace any home with a sense of peaceful living.” Indeed, in one corner of the shop, a rustic whitewashed cabinet holds a pair of black skull shaped candles; within the rubric of Miller’s style, they avoid summoning the macabre instead paying homage to a beautiful and complex natural form.

The shop also offers the opportunity for patrons to custom order their furniture to finish and upholster according to individual taste, directly from the showroom with an array of furnishings from internationally known manufacturers, including Dino Mark Anthony and Oly Studio. Although the prices at And Beige linger into the expensive, the store also offers affordable accessories including picture frames, candles, and coasters to tastefully accent any décor.

Since his store’s opening in December of 2006, Daren Miller has found the local residents to be “very friendly and welcoming” – which comes as no surprise. In a neighborhood boasting a cornucopia of cultures, as well as a sense of community, And Beige’s eclectic, yet unified scheme fits in perfectly.

Hours: Tues – Sat: 11a -7p Sun: 12p-6p  
Mon: by appointment only.  
202-234-1557

[www.andbeige.com](http://www.andbeige.com)



### Jubilee Housing – Providing Affordable Housing in DC

Founded in 1973 by a particularly altruistic group from the ecumenical Church of the Savior community, Jubilee Housing currently provides affordable housing in the Adams Morgan area for more than 850 economically disadvantaged individuals and families. The faith-based nonprofit shatters the broken-windows image of low-income housing by offering 8 renovated buildings, the stability of a secure community, and hope.

The cost of housing in Adams Morgan, and throughout the District has immensely increased, and consequentially, many

cannot afford quality housing in safe neighborhoods. The residents at Jubilee Housing's properties largely include elderly senior citizens with limited fixed incomes, men and women escaping abusive situations, recent immigrants starting off in a new country, and families who work stably and consistently causing them to stay off of welfare and out of public housing.

In addition to providing economically disadvantaged individuals with a home, Jubilee Housing offers its residents programs that aim to break the cycle and

pattern of poverty. In its current expansion, Jubilee Housing hopes to provide residents with services that include computer-training classes, educational support and mentoring opportunities for children, and a financial literacy program.

This non-profit is well organized and delivers! Jubilee, as its name implies, provides a basic necessity but also empowers each individual by helping him or her reach their full potential and independence. 202-299-1240;  
[www.jubileehousing.org](http://www.jubileehousing.org)

**JUBILEE HOUSING**  
*more than housing...homes.*





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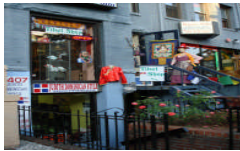


## Newsletter

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### The HOT List

Adams Morgan is a vibrant, dynamic neighborhood. "The HOT List" is the source to find out what's new in your neighborhood.



**The Tibet Shop** is now open at **2407 18th Street**. Recently opened by renowned Tibetan journalist & photographer Palden Gyal and Tashi Dolma who arrived in DC 9 years ago from Tibet via London. This shop features high-end Himalayan arts, crafts, jewelry, clothing, carpet, ritual items and other hand made products. Hours: Sun – Wed 11am-9:30pm; Thurs – Sat 11am-11pm. 202-387-1880



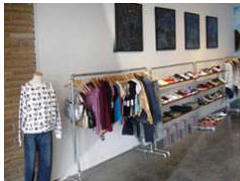
**Hoopla Traders** is scheduled to open mid-June below Smash **2314 18th Street 1st level**. This eclectic boutique brings "**Global Green Style**" to Adams Morgan, featuring everything from silky bamboo clothing to recycled glass tableware. Hoopla sells hand-made products from around the world with the mission to ensure ancient craft traditions are preserved and artisans are paid fairly for their workmanship. In need of a little pampering? Experience Hoopla's line of all natural bath and body products, made from pure botanicals and essential oils. Hours: Tues – Wed 11am-7pm; Thurs – Sat 11am-10pm; Sun 11am-5pm. 202-544-3620. [www.hooplatraders.com](http://www.hooplatraders.com)



**Smash** was opened by owners Matt Moffatt & Daisy Lacy in April 2007 at **2314 18th Street, 2nd Floor**, above Hoopla Traders. (Store is a continuation of the original founded in Georgetown in 1984 by Bobby Polsky.) Smash has an extensive CD and LP collection in the punk/rock/hardcore/indie vein. They also feature independently designed clothing, vintage clothing, punk accessories, and shoes like doc martens, vans and converse. Hours: Mon – Thurs 12pm-9pm; Fri 12pm-10pm; Sat 11am-10pm; Sun 11am-7pm 202-38-SMASH [www.smashrecords.com](http://www.smashrecords.com)



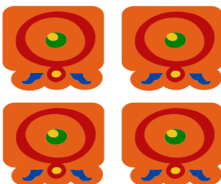
**Shake Your Booty** has moved! Check out their new store just down the street at **2439 18th St.** Their Big Ass Sale begins on July 1st, with 50-75% discounts their fabulous footwear & other neat items. Hours: Mon – Fri 12pm-8pm; Sat 12pm-9pm; Sun 12pm-6pm 202-518-8205 [www.shakeyourbootyshoes.com](http://www.shakeyourbootyshoes.com)



Another new store has opened in Adams Morgan! **Commonwealth™** aims to create and fulfill the demand for the new and established street/fashion/athletic brands that influence and inspire. The "in" store carries lines that tap into the creative independent spirit. Look for exhibitions with recognized artists/designers and photographers throughout the year as well as specialized products and events with select companies and magazines. Peruse the hot selections in clothing and shoes at **1781 Florida Ave.** 202-265-1830 [www.cmonwealth.com](http://www.cmonwealth.com)



**18th and Red** with two floors- downstairs caters to the restaurant crowd and upstairs serves as a cool bar/ lounge area. The restaurant dishes up American continental cuisine. Named after the street it is located on & Metro's red line, it has a map décor with three hand-drawn maps from the 1800s serving as the central theme. There's a DJ who will get you grooving on the weekends. **2436 18th St. NW**, Washington, DC. 202-462-8844. [www.18thandred.com](http://www.18thandred.com)



**Casa Oaxaca** "wah-ha-kuh" at **2106 18th St** está abierto (is open)! This is the creation of a seasoned area restaurateur team Rolando Juarez & Karen Barros of Guajillo "wa-hee-yo" in Arlington. This is a "no burritos, no chimichangas" kind-of-place according to both. The cuisine highlights the flavors of arguably Mexico's most delicious state: Oaxaca -revered for its molés, cheese, chocolate and mezcal, the potent and smoky liquor made from the agave plant. Hours: Tues – Fri 5pm-11pm; Sat – Sun 12pm-11pm 202 -387-2272 [www.oaxacaindc.com](http://www.oaxacaindc.com)



**Las Canteras** owned by Chef Eddy Ancasi and Gary Lee, travel writer of the Washington Post, offers Washington area diners native cuisine from the land of the Incas, coupled with innovative Andean specialties in a colorful, modern atmosphere." Already Las Canteras is known for its tasty native Pisco Sour drinks. Try one & let us know about it. Located at **2307 18th St.** Takes reservations & open daily Hours: Tues – Sun 1am-3pm & 5pm-1am 202-265-1780

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### EVENTS

Tuesday, May 1  
Tuesday, June 5  
Tuesday, July 3  
Frid, May 11  
7pm – 9pm  
Mon, May 28

**Adams Morgan First Tuesday** - Dining and shopping specials every first Tuesday of the month!

**DCAC Art Exhibition** "IAN AND JAN: The Undiscovered Duo A Secret History of the Washington Body School"

**Toro Mata's Memorial Day Hot Summer Art Sale** – 2410 18<sup>th</sup> St.

Wed, June 6  
6:30pm – 9pm

**It's Summer Sampler time again!! -AdamsMorgan MainStreet hosts SUMMER SAMPLER, Hilton Washington.** Dinner buffet, music, fun silent auction items, and win a door prize! Non-profit fundraiser tickets only \$35. This is your chance to do a little "private" shopping and sample the unique retail and restaurants of Adams Morgan by strolling the silent auction items. Fun & Affordable items! [www.AMMainStreet.org](http://www.AMMainStreet.org) or pay at the door.

Sat, June 9  
1pm - 4pm

**Sitar Arts Center Street Party - 1700 Kalorama Rd.** Live music, Gregor & the McGregors, Motel, and Sitar Students, plus Community Mural, a Mobile workshop, Face Painting, Spin Art, Ice Cream, and a tribute to Rhonda Buckley – Sitar Center's Director & outgoing member of the Main Street Board!

Wed, June 13  
6pm – 9pm  
Sun, June 20  
6pm

**Maggie Moos hosts Celebrity Scoop Night – 2324 18<sup>th</sup> St.** featuring the celebrity scoopers benefiting DC Roller Girls & Special Appearance by Maggie Moo  
**Design Within Reach - 1838 Columbia Rd.** Demo on decorative container planting by **A Little Shop of Flowers**. Enjoy refreshments including a beer tasting compliments of **De Vinos**. Drawing to win a colorful Egg Birdfeeder. See what's new at DWR for summer, including the expanded outdoor furniture collection. RSVP to [adamsmorgan@dwr.com](mailto:adamsmorgan@dwr.com) by June 7.

**Celebrating 1yr  
Anniversary**

**BB&T Bank** – 1801 Adams Mill Rd. Our Adams Morgan branch wants to thank the community for its support since opening one year ago on June 26, 2007. Branch hours are now longer for your convenience from Mon – Fri 9am – 7pm & Sat 9am – 2pm.

**Coming in June:**

**ADAMSMORGANNOW.COM**

**An Interactive Web Portal about Adams Morgan**

Joint project with the Adams Morgan Partnership

### VOLUNTEER OPPORTUNITIES

Do you like writing articles or working with new businesses? Or are you interested in the artistic renovation of the historic fire and police call boxes? Help care for existing and new trees. Volunteer to work on events, special promotion activities, economic diversification, fundraisers, or help us with computer stuff in the office! Adams Morgan is OUR neighborhood. We are a volunteer-driven, public-private partnership which operates on raised funds and in-kind donations (and diminishing DC seed funds).

Please visit [www.AMMainStreet.org](http://www.AMMainStreet.org), and fill out a volunteer form.

### ACKNOWLEDGEMENTS

Thank you to the Promotions Committee volunteers who contributed to this newsletter: Suzanne Meyer, Thomas Mapp, Agatha Tomasik, Heather Steele, Thom Ward, Traci Rosen, Jennifer Howard, Lisa Duprier, and Paul Wong, Committee Chair. If you would like to work on Promotions activities, contact Paul at: [paul.m.wong@gmail.com](mailto:paul.m.wong@gmail.com). Adams Morgan Main Street is volunteer-driven, non-profit 501(c) 3 organization comprised of residents, businesses, and non-profits working together to improve the neighborhood business area and preserve its multicultural dynamism. The revitalization and strengthening of Adams Morgan is designed to build on the multicultural characteristics of Adams Morgan, to retain and strengthen minority employment and upward mobility in its small businesses, and to contribute to improved appearance and promotion. Thanks to reStoreDC and DC MainStreets, part of DSLBD.

**501(c)3 Federal & DC tax-exempt organization # 01-0682258**  
**P.O. Box 21564, 1815 Adams Mill Rd NW, #200 Washington, DC 20009**  
**Tel: 202-232-1960 Fax: 202-232-1978 [info@AMMainStreet.org](mailto:info@AMMainStreet.org)**

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